GEBOREN UIT KRACHT

GGZ DISCREET
MENTAL HEALTH MATCHMAKER
VOOR ONDERNEMEND NEDERLAND

Quality standards attributable to GGZ Discreet

- Discretion comes first at GGZ Discreet. Our BIG-registered practitioners have no consultations or other contact with our commissioning clients, including the managers of the employees or clients they see. GGZ Discreet acts as the liaison. GGZ Discreet itself has no insight into these conversations either. That is our definition of DISCREET.
- At GGZ Discreet, our starting point is a wealth of practitioners for employees or clients to choose from, rather than the scarcity in the sector that everyone talks about.
- Our platform means that commissioning organisations in business, government or healthcare do not have to deal with individual BIG-registered practice owners. You have one contracting partner that takes care of administration, including checks under the Dutch Wet DBA, and one party from which you receive invoices.
- We apply quality standards to these BIG-registered professionals so that you can be confident in their quality and in optimising the match between employee or client and practitioner, thereby increasing the effectiveness of the conversations or treatment. There are quality differences between practitioners too!
- We began by asking our practitioners about their wish to be CHANGEMAKERS in the current healthcare landscape. That is why they embrace our approach.
- We choose expertise, quality and experience to create a genuinely valuable impact for your employees or clients.
- We optimise matching through our unique mental health match moderator, which gives autonomy a professional framework and makes choice the starting point for both the employee or client and the practitioner.
- Optimised matching, combined with an average of 17 years' experience, also helps make treatment hours effective. The aim is fewer sessions per employee or client. Doing what is needed is the guiding principle.
- We offer support for the 47 most common mental health needs, so employees or clients do not have to search for available practices themselves.
- We treat 23 types of trauma and provide coaching for 18 addictions. Addressing possible trauma or addiction directly can reduce the likelihood of later care costs, rather than leaving employees or clients to carry that burden and potentially relapse.
- We offer the 27 commonly used therapeutic approaches.
- Treatment is currently available in 8 languages.
- There is no waiting list. From your first contact, which takes place within 24 hours, to your introductory matching conversation, the maximum time to your first appointment is 14 days. This naturally also depends on the employee's or client's response time.

Quality standards of BIG-registered psychologists that distinguish them from competitors in primary mental healthcare:

- All BIG-registered professionals at GGZ Discreet completed a university degree before obtaining their BIG registration.
- For each professional, we state the subject of their master's degree, when they graduated and, consequently, their total years of experience in mental healthcare.
- We state the year each professional obtained BIG registration.
- All our BIG-registered professionals have worked in mental healthcare for at least 6 years after completing their master's degree.
- Our BIG-registered professionals have an average of 17 years' experience.
- They work only in areas in which they have experience and/or wish to provide treatment. They are specialists rather than generalists.
- They are also selected for their ability to connect with people, helping them get to the heart of matters quickly with employees or clients.
- They hold at least 3 certificates in the 5 most commonly used treatment methods: CBT, EMDR, schema therapy, systemic therapy and relationship therapy.
- Each professional's certificates in treatment methods are shown in an overview. Their experience in additional methods is described in the text.
- We state the languages in which each professional provides treatment.
- Each professional's mental health areas of expertise are shown in an overview.
- The types of trauma they treat and addictions for which they provide coaching are shown in an overview.
- We state whether they offer in-person treatment at their practice and/or outdoors, as well as online.
- Some BIG-registered professionals at GGZ Discreet work exclusively with women (women for women) or specifically with men (men for men).
- They all focus on small steps and clear choices consistently followed by action. That is where progress begins and mental balance is restored. Rather than spending the first 3 sessions perfecting a treatment plan, they use 'tumbled care' to work with the employee or client as efficiently and effectively as possible.
- All our BIG-registered professionals are unique and experienced in their fields. We do not impose rules on how they work.